

# Overcoming Maternal and Child Health Problems in Rw 16 Citatah Village, Cipatat District, West Bandung

 Imelda MG Sianipar<sup>1\*</sup>,  Hani Triana<sup>2</sup>,  Henni Purnasari<sup>3</sup>

<sup>1,2,3</sup>Institut Kesehatan Immanuel  
Bandung, Indonesia

✉ [imelda.stiki@yahoo.com](mailto:imelda.stiki@yahoo.com)<sup>1\*</sup>

✉ [huny\\_1509@yahoo.com](mailto:huny_1509@yahoo.com)<sup>2\*</sup>

✉ [hennipurnasari@gmail.com](mailto:hennipurnasari@gmail.com)<sup>3\*</sup>



## Article Information:

Received January 07, 2024

Revised February 11, 2024

Accepted February 29, 2024

## Keywords:

Health; Nutritional Problems;  
Stunting

## Abstract

Based on the analysis of the situation from the initial survey data of community service activities, several health problems were obtained in RW 16, it can be concluded that there are 3 maternal and child health problems that are priorities for the community service team to overcome, namely: The prevalence of stunting in children under five years old, low coverage of immunization in children, and nutritional problems in pregnant women. The purpose of this service is to solve maternal and child health problems by providing health education to the community. This service activity employs the extension approach as its methodology. Data collection using questionnaire sheets that become material for evaluation. The outcomes of this service include the assessment of counseling participants' comprehension by oral questioning at the beginning and conclusion of the session. The community seemed enthusiastic about providing responses and answers and was actively involved during the counseling process. So it can be concluded that there is a social change in the form of changes in the way people think about health, especially maternal and child health, tracking the development and growth of children, early detection of diseases, and many other benefits that cause changes in the way people view health.

## A. Introduction

In order to disseminate the Tri Dharma of Higher Education and noble responsibility and to build community capabilities in order to accelerate the rate at which national development goals are achieved, community service is the institutional application of science, technology, and cultural arts. This is done through scientific methodology As stated in Law Number 12 of 2012 concerning Higher Education Articles 47 and 48, community service projects implemented by the Diploma Study Program are Tridarma activities of higher education to practice and cultivate science, knowledge, and technology in the health sector to advance general welfare and educate the nation's life (Hamdani et al., 2022).

The importance of understanding health, especially maternal and child health. The need for community service, especially in the health . This community service activity focuses on the problems of mothers and children. Indonesian children are the nation's most valuable asset, they are the determinants of the future (Latifah et al., 2023). Stunting is a condition where children fail to thrive owing to chronic nutritional deficiencies. Based on the WHO Z-Score chart, stunting is defined as children's height or length not commensurate with their age or < -2 elementary school (Supriani et al., 2022). One of the nutritional issues that the globe, particularly poor and developing nations, confront is stunting, or the condition where a child's body is lower than the height of children his age. The issue of stunting is a health concern in Indonesia. Malnutrition throughout pregnancy and up until the kid is two years old is the cause of this disorder (Harlina et al., 2021). Nutritional problems in children are problems that cause an increase in mortality and morbidity in children. Nutritional problems occur in various kinds such as thin children (wasting), short children (stunting), and children with overweight (obesity) (Miko & Al-Rahmad, 2017).

In Indonesia there are two nutritional problems that occur, namely the problem of malnutrition and excess nutrition. The concern lately is the problem of malnutrition, namely stunting or chronic malnutrition

problems in the form of short children and wasting or acute malnutrition in the form of thin children (Meher et al., 2023). Many poor nations also experience these dietary issues. By 2025, the World Health Organization (WHO) wants to see a 40% decrease in the prevalence of stunting in children under five worldwide. A kind of development failure in children known as stunting results from insufficient nutrition throughout pregnancy and the first 24 months of life (Halimastusyadiah & Setianingsih, 2020). Stunting will affect 21.6% of the population in 2022, according to the Ministry of Health. This number is less than the annual total (Herawati & Sunjaya 2022) and according to the Ministry of Health's Indonesian Nutrition Status Survey (SSGI), West Java has a 20.2% prevalence of stunting among children under five in 2022 and 2021, or 24.4 percent.

The state of one's nutrition throughout the first 1000 days of life affects one's future productivity, intelligence, and general health (Azis et al., 2023). Therefore, it is very necessary to handle stunting problems that can affect the reduction of stunting. Handling stunting as a whole is not enough only to be carried out in the health sector, but must also be carried out in other aspects such as social and economic aspects (Wulandari et al., 2022).

According to the devotion performed by Ahmad et al. (2023) stated that there needs to be follow-up related to the discourse on the application of consuming balanced nutrition daily by participants. This health education is expected not only to increase children's knowledge but also to change behavior so that the knowledge gained can be applied in everyday life. To achieve the acceleration of nutrition improvement, support from across sectors is urgently needed, the health sector contributes 30%, while the non-health sector contributes 70% in overcoming nutritional problems. There are three elements of the First 1000 Days of Life Movement program: action at the national level, based on concrete evidence and cost-effective interventions, and a multisectoral approach (Astikasari & Sumardiyon, 2023).

Based on the analysis of the situation from the initial survey data of community service activities, several health problems were obtained in RW 16, it can be concluded that there are 3 maternal and child health problems that are priorities for the community service team to overcome, namely: The high problem of stunting in children under five, low coverage of immunization in children, and nutritional problems in pregnant women where in the first 1,000 days of life, children are at risk of being infected with disease, coupled with inadequate nutritional intake. Furthermore, repeated infections in children can affect the child's growth and development which can result in stunting. On the other hand, children with incomplete immunization status are 1.78 times more at risk of experiencing stunting than children with complete immunization status. Vaccination plays a role in reducing mortality and the risk of stunting in children.. Therefore, the Diploma Midwifery study program carries out community service activities aimed at solving maternal and child health problems by providing health education to the community.

## B. Research Methods

This year's community service activities (2023) are carried out by lecturers and students in Citatah Village, Cipatat District, West Bandung Regency. Community service activities are carried out by lecturers and students. Activities were carried out in all areas of RW 16 Citatah Village. Citatah Village is one of the villages located in Cipatat district, West Bandung regency, West Java Province and is included in the working area of the Cipatat health center. Which consists of 23 RWs with an area of 10,320 Ha in the form of 1,794 Ha of rice fields and 8,526 Ha of land. In Citatah Village, most of the eyes are broken as casual day laborers. The target of this service activity is 50 people consisting of the people of Citatah Village in RW 16, Health Cadres, and Village Government and related agencies.

This community service activity was carried out through a planning, implementation and evaluation process, several times over a period of 4 months with the same target, starting from July 8 to October 10. With direct implementation in the field in the form of educational activities. Carrying out community service activities uses the Lecture and Discussion Method. The speaker provides material in the form of a lecture with the help of Power Point which contains health material adolescent reproductive health and prevention of early marriage, general understanding of complete basic immunization, and understanding of nutrition for pregnant women. Next, there is a discussion with the participants regarding the material provided, ending with an evaluation of the material provided using. The equipment used in this community service activity is counseling materials, counseling questionnaires, leaflets, mics and speakers, LCDs, and stationery. Data collection using questionnaire sheets used for evaluation materials.

### C. Result and Discussion

The counseling will be held on Wednesday, August 15, 2023, from 10.00 to 14.00 consisting of preparation of tools, places, implementation and closing. The activity was carried out in the RT 02 Madrasah building which was attended by 36 participants from 40 expected target participants (at least 80% of participants) consisting of elements of RW, RT, Cadres, and the general public. The counseling materials provided were about adolescent reproductive health and early marriage prevention, a general understanding of complete basic immunization, and an understanding of pregnant women's nutrition (Suwignyo, 2023).

After situational analysis on RW 16, several health problems were found that required health intervention. The problems obtained from the identification results are incomplete immunization, nutrition in pregnant women, postpartum, breastfeeding, toddlers and children, and reproductive health in adolescents and prevention of early marriage. Another problem that is the scope of midwifery is still about MCH. Another problem in the scope of midwifery is still regarding MCH because according to questionnaire results data, other problems in RW 16 are still a lack of knowledge about complete immunization and nutrition in pregnant women as much as 30%, a lack of knowledge about the postpartum period as much as 25%, breastfeeding, toddlers and children as much as 35%, as well as reproductive health in adolescents and prevention of early marriage as much as 10%. In addition, the location of the Puskesmas is too far away which is felt by some people to still not meet the needs of public health services, especially in RW 16.

Evaluation of the understanding of counseling participants is carried out orally by giving questions both in the middle of counseling and at the end. The community seemed enthusiastic about providing responses and answers and was actively involved during the counseling process. At the end of the counseling, the community can answer well, the evaluation questions given by the extension workers. The follow-up activities of the study program community service are by collaborating with the puskesmas, especially those in charge of the PTM program to follow up on monitoring and evaluating healthy living behavior in the implementation of child immunization, adolescent reproductive health and nutrition of pregnant women. The following is documentation of community service activities.



Figure 1. Group Photo



Figure 2. Health Material Counseling

This devotion is in line with the devotion carried out by Maulinda et al. (2021) which states that the role of the government is needed to provide education about reproductive health and positive activities to avoid early marriage. This education is especially for people in areas that have a fairly high rate of early marriage. In addition, this devotion is in line with the devotion carried out by Erda et al. (2023) which states that an understanding of stunting counseling efforts is expected to help the community increase knowledge about the fulfillment of balanced nutrition, exclusive breastfeeding, and complementary foods (MPASI) as a form of prevention against stunting.

#### D. Conclusion

Based on the results of community service activities, it can be concluded that community participation in this service program is quite high. Puskesmas as the first service system in the community have an important role in increasing public knowledge of the quality of maternal and child health through health services. These social changes take the form of changes in society's perspective on health, especially maternal and child health, monitoring children's growth and development, early detection of disease, and many other benefits that cause changes in society's perspective on health. It is hoped that this activity can be carried out again so that people's knowledge of health will increase so that they can know about health well.

#### E. Acknowledgment

The author would like to thank the relevant parties who have helped in the implementation of this community service activity so that it is carried out properly. The author also expressed his gratitude to the people of Citatah Village, Cipatat District, West Bandung Regency for allowing them to carry out their service there.

#### References

- Ahmad, H., Antoni, A., & Muhamad, Z. (2023). Edukasi Gizi Seimbang Pada Anak di SD Negeri Pijorkoling Kota Padangsidimpuan. *Jurnal Ilmiah Pengabdian Masyarakat Bidang Kesehatan (Abdigermas)*, 1(1), 1–6. <https://doi.org/10.58723/abdigermas.v1i1.2>
- Azis, A. S. F. W., Darmawansyah, D., Razak, A., Arifin, A., Syafar, M., & Mallongi, A. (2023). Analysis of Policy Implementation of The First 1000 Days of Life Program in Overcoming Stunting in Maros District. *Pharmacognosy Journal*, 15(3), 405–410. <https://doi.org/10.5530/pj.2023.15.92>
- Erda, G., Siregar, N., Ramadhani, F., Efendi, M. H. D., & Mistika, L. (2023). *Counseling on Early Stunting Prevention Efforts with Riau University KKN Students in Munsalo Kopah Village*. 1, 110–113. <https://doi.org/10.58723/abdigermas.v1i3.91>
- Halimastusyadiah, L., & Setianingsih, L. Z. (2020). Faktor-Faktor yang Berhubungan dengan Stunting pada Anak Usia 24-59 Bulan di Puskesmas Curug Kota Serang Provinsi Banten Tahun 2019. *Jurnal Ilmiah Kesehatan Delima*, 2(2), 93–103. <https://doi.org/10.60010/jikd.v2i2.30>
- Hamdani, R. M., Ramadhani, P. S., & Henley, S. M. (2022). Pancasila in the Foundation of Legal Education: Various International Comparisons. *Jurnal Panjar: Pengabdian Bidang Pembelajaran*, 4(1), 97–120. <https://doi.org/10.15294/panjar.v4i1.55021>
- Harlina, H., Hidayanty, H., & Nur, M. I. (2021). Studi Faktor Resiko Kejadian Stunting Pada Balita Di Wilayah Dataran Tinggi Dan Dataran Rendah. *Jurnal Ilmiah Kesehatan Sandi Husada*, 10(2), 501–510. <https://doi.org/10.35816/jiskh.v10i2.634>
- Herawati, D. M. D., & Sunjaya, D. K. (2022). Implementation Outcomes of National Convergence Action Policy to Accelerate Stunting Prevention and Reduction at the Local Level in Indonesia: A Qualitative Study. *International Journal of Environmental Research and Public Health*, 19(20), 13591. <https://doi.org/10.3390/ijerph192013591>
- Latifah, A., Rosyida, D. A. C., Waroh, Y. K., Setiawandari, S., & Sumiati, S. (2023). Pelatihan Akupresure Untuk Kesehatan Ibu Dan Anak Sebagai Upaya Pencegahan Stunting Di Desa Krembung Kecamatan Krembung. *Jurnal LENTERA*, 2(2), 264–270. <https://doi.org/10.57267/lentera.v2i2.208>
- Maulinda, F., Handayani, D., & Wongkaren, T. S. (2021). The effect of age at first marriage on the incidence of labor complications and babies with low birth weight in Indonesia. *Child Health Nursing Research*, 27(2), 127–136. <https://doi.org/10.4094/chnr.2021.27.2.127>

- Meher, C., Zaluchu, F., & Eyanoer, P. C. (2023). Local approaches and ineffectivity in reducing stunting in children: A case study of policy in Indonesia. *F1000Research*, 12, 217. <https://doi.org/10.12688/f1000research.130902.1>
- Miko, A., & Al-Rahmad, A. H. (2017). Hubungan Berat Dan Tinggi Badan Orang Tua Dengan Status Gizi Balita Di Kabupaten Aceh Besar. *GIZI INDONESIA*, 40(1), 21. <https://doi.org/10.36457/gizindo.v40i1.222>
- Astikasari, N. D., & Sumardiyon. (2023). Posyandu Cadres On Capacity Building: Prevent Stunting By Improving Nutrition During The First 1000 Days Of Life. *Journal of Global Research in Public Health*, 8(1), 145–150. <https://doi.org/10.30994/jgrph.v8i1.446>
- Supriani, A., Rosyidah, N. N., Herlina, Yulianto, Widiyawati, R., Sholeh, R., & Ardiyanto, F. R. (2022). Pemeriksaan Kesehatan Serta Sosialisasi Peningkatan Kesehatan Ibu dan Anak untuk Mencegah Stunting. *Jurnal Pengabdian Ilmu Kesehatan*, 2(3), 63–71. <https://doi.org/10.55606/jpikes.v2i3.704>
- Suwignyo, A. (2023). Higher Education as an Instrument of Decolonisation: The Community Service Programme in Indonesia, 1950–1969. *Asian Studies Review*, 1–20. <https://doi.org/10.1080/10357823.2023.2222225>
- Wulandari, R. D., Laksono, A. D., Kusri, I., & Tahangnacca, M. (2022). The Targets for Stunting Prevention Policies in Papua, Indonesia: What Mothers' Characteristics Matter? *Nutrients*, 14(3), 549. <https://doi.org/10.3390/nu14030549>

**Copyright Holder**

© Ahzim, R.

**First publication right :**

ABDIGERMAS: Jurnal Ilmiah Pengabdian Masyarakat Bidang Kesehatan

This article is licensed under:

